Serves: 4

Gajar Ka Halwa (Indian Carrot Pudding)

Ingredients

- Carrots, cleaned, peeled and grated 800g
- Sugar ½ cup
- Skim milk 2 cups
- Nutmeg powder a pinch
- Green cardamom powder 1 tbsp
- Cashew nuts ¼ cup
- Raisins ½ cup
- Canola olive oil spread 4 tsp

Tips:

- Replace sugar with fresh or dried fruit, fruit canned in natural juice or fruit juice.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.
- Cooking carrots helps to release their phytochemicals, thus making them more available for absorption by the body.

Method

- Heat canola olive oil spread in a non-stick pan.
- Add carrots and sauté for 8–10 minutes.
- Stir in milk, mix well and once it reaches a boil, reduce the flame and cook with the lid on for 10–12 minutes.
- Add sugar, cardamom powder and nutmeg powder and mix until well-dissolved.
- Add cashew nuts and raisins. Mix well, remove and serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 305kcal
Protein 7.7g
Total fat (g and % of total calories)
8.1g (22.9%)
Saturated fat 1.9g
Cholesterol 3mg
Carbohydrate 54.1g
Dietary Fibre 6.2g
Sodium 213mg

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